

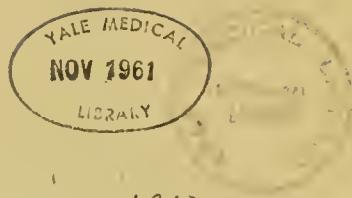
RULES  
FOR THE  
Management of Infants and Children.

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## RULES FOR THE MANAGEMENT OF INFANTS.

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### CLEANLINESS.

AN infant should be bathed every morning in warm water. If it is feeble, or if the weather is unusually hot, it should also be bathed again, before being put to bed at night. After washing, the body should be wiped thoroughly dry. As the child grows older the temperature of the water should be gradually lowered, so that, by the time the baby is four months of age, water shall be used to which only warm water enough has been added to take the chill off.

Let the diapers be frequently changed, and have them always washed before being used a second time. If possible never have the diapers dried in the room occupied by the baby.

### FRESH AIR.

Give the child all the fresh air possible. Keep the windows of the room open day and night in hot weather, unless the heat of the outside atmosphere is greater than that within the room. Avoid as much as possible any overcrowding of the room occupied by the baby, especially at night. Have the baby taken out every day when the weather is fine. Do not keep the child in the same room in which cooking or washing is going on.

### CLOTHING.

The clothing of a baby should be light, loose and warm. Except during the summer months the arms and legs should be covered. Have the night-dress thoroughly aired during

the day, and the day-clothes aired during the night. Use only safety-pins. Do not keep the child's head heated by any covering, except when exposed to unusual heat or cold. Never allow the child to be exposed to the direct rays of the sun.

#### SLEEP.

Every baby requires considerable sleep. Never wake a sleeping child. It should never be allowed to sleep with any other person. Regularity in reference to its hours of sleep is as necessary as for its times of feeding. At those hours it should be put to bed, where it should be left to go to sleep, unaided by any rocking or nursing in the arms as a preliminary to being placed in its bed. A child very quickly acquires the habit of going to sleep on being put to bed.

#### DIET.

As a rule, until a child has its eight centre teeth, it should receive *no food but milk*.

Breast-milk is better than cow's milk, and the mother's milk the best of all. Observe regular hours for feeding. Never nurse a child when overheated, or fatigued.

Until the child is six weeks old feed it every two hours during the day, and three hours during the night. After this gradually lengthen the intervals between the meals, so that, by the time the baby is four months old, it is fed every four hours during the day, and if necessary once during the night.

Do not consider that every time a child cries it is necessarily hungry. In hot weather, or if the child is feverish, allow it to drink freely of cold water.

If the mother has not breast-milk sufficient for the child, let the child be fed twice a day with the bottle. A flat bottle, its open mouth covered with a rubber nipple, is all that is required. Complicated nursing-bottles should never be

used, owing to the difficulty which will be found in keeping them properly cleaned.

At first equal parts of milk and warm water should be used, with the addition of half a teaspoonful of sugar. The quantity of the mixture necessary for a meal should not at first exceed a sixth of a pint. As the child grows older the amount of water added should be lessened, and the sugar should be altogether omitted. By the time the child is two months old it should have pure milk, which in very hot weather need not be warmed. Immediately after using the bottle, always wash it thoroughly. The rubber nipple should be kept always in cold water when not in use. In very hot weather a little soda should be added to the water with which the bottle is washed, and also to that in which the nipple is kept.

In very hot weather the milk should be boiled as soon as received from the milkman. It is also well to add, during the extreme heat of the summer, especially if the child is at all troubled with diarrhoea or vomiting, a teaspoonful of lime-water to each bottleful of milk.

If the child is to be brought up by hand, it should be fed with the bottle, as described above, and at the same times as, in the other case, it would have been nursed.

The best milk is obtained by allowing the can to stand about an hour after receiving it, and then pouring off for use the upper two-thirds.

If *pure* milk cannot be obtained condensed milk may be tried. It should always be kept in a cool place, and is best prepared by adding one teaspoonful to six tablespoonfuls of boiling water. As the child grows, the strength of the mixture should be increased.

All prepared varieties of so-called infants' food are to be avoided. There is no proper substitute for milk.

### WEANING.

As soon as the centre teeth begin to come, the child should have in addition to its milk one or two meals a day. These should consist *only* of bread, either fresh or stale, or crackers with the milk. Gradually the mother's milk should be withdrawn from the child, so that it should be completely weaned by the ninth month, unless that period should happen to fall in the midsummer. *Milk should still be its main diet.* After the child is ten months old, it may have one meal a day of simple broth (mutton or chicken), or beef tea with bread. When the child is a year old it may have daily a little meat, cooked rare, and cut up fine. The yolk of a fresh, rare-boiled egg may also be given daily. Even at that age, however, milk should be freely given, and should form the main part of its diet.

### GENERAL ADVICE.

Have the child properly vaccinated when young.

*Never, under any circumstances, except by medical advice, give a child soothing syrups, sleeping drops, cordials, spirits, or any of the numerous so-called carminatives.*

If a child is suddenly taken sick with vomiting and diarrhoea, send immediately for the doctor. Until he arrives give no medicine, but, if the child seems in pain, wring out flannels in hot water and place them over the belly. Keep the child's body, arms and legs warm. Keep cool, and do not give the child the various things which will be suggested by the neighbors.

To make lime-water put half a pound of quick-lime into an earthen vessel, pour over it slowly a gallon of cold water, stir it well and allow it to stand twenty-four hours; then skim it and pour off the clear liquid into clean bottles, which should subsequently be well corked.

## RULES FOR THE MANAGEMENT OF CHILDREN OVER TWO YEARS OF AGE.

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Regularity as to the hours of eating and sleeping should be insisted upon in children after, as well as before, they are weaned.

Children should be bathed frequently, and should be allowed plenty of fresh air and exercise. The sleeping apartment should always be well ventilated. Each child should have its own bed, if possible.

Plenty of good, substantial food should be given, and children should not be allowed to eat confectionery, cake, pies, or any similar articles. Unripe or over-ripe fruit should be forbidden. Tea and coffee should not be given to them.

Exposure to sudden changes of heat and cold, to wet and dampness, or to the direct rays of the summer's sun should be avoided at all times.

In the colder months of the year flannel should always be worn next to the skin, at least over the child's chest.

